

**I CLAIM:**

1. An exercising device comprising:

at least one movable actuating grip adapted to be actuated by a user for exercise, a counteracting force generating member configured to act upon said actuating grip with a counteracting force, and a tensing member and a power ratio varying member that connect said actuating grip and said counteracting force generating member relative to each other, wherein said power ratio varying member is a drive wheel unit which includes at least two disc-shaped wheels that have different diameters, that are coaxially coupled to each other, and that are non-rotatable relative to each other,

said exercising device further comprising, a coupling unit disposed to permit said tensing member to engage a selected one of said disc-shaped wheels.

2. An exercising device according to Claim 1, wherein said coupling unit is configured so as to be quick-releasable.

3. An exercising device according to Claim 2, wherein said coupling unit is form-locking.

4. An exercising device according to Claim 3, wherein said coupling unit includes a plug disposed on one end of said tensing member, and an undercut cavity which is disposed in a circumferential side of said selected one of said disc-shaped wheels, and a transverse channel which permits external access to said undercut cavity.

5. An exercising device according to Claim 4, wherein said plug is cylindrical.

6. An exercising device according to Claim 4, wherein said cavity has an entry region which is communicated with said transverse channel, and a securing region which is closed at one side thereof, and which is communicated with said entry region in a circumferential direction.

5           7. An exercising device according to Claim 1, wherein said drive wheel unit is configured such that said disc-shaped wheels are alignable in sequence.

10          8. An exercising device according to Claim 1, wherein said drive wheel unit includes three disc-shaped wheels.

9. An exercising device according to Claim 8, wherein said disc-shaped wheels are exchangeable with one another.

10          10. An exercising device according to Claim 9, wherein two outer ones of said disc-shaped wheels are exchangeable with each other.

15          11. An exercising device according to Claim 8, wherein each of said disc-shaped wheels is noncircular.

12. An exercising device according to Claim 11, wherein each of said disc-shaped wheels is ellipsoid.